

# Flight Jacket

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## Silent Drill Platoon struts stuff at Miramar

by Sgt. Steven A. Davis

PAO, MCAS Miramar

The U.S. Marine Corps Battle Color Ceremony was conducted on the flightline at Hangar 1 here March 6.

The Battle Color Ceremony demonstrated qualities that are held dear by all Marines: pride, discipline, esprit de corps, tradition and teamwork.

The values demonstrated in this ceremony have been handed down to each successive generation of Marines since the Corps was founded Nov. 10, 1775.

The Marines featured in the Battle Color Ceremony – the Marine Corps Color Guard, the U.S. Marine Drum and Bugle Corps, and the Silent Drill Platoon are assigned to the "Oldest Post in the Corps," Marine Barracks, Washington D.C. These Marines appear in countless ceremonies throughout the country and the world.

The U.S. Marine Drum and Bugle Corps, known as "The Commandant's Own," is the epitome of musical excellence.



photo by Sgt. Steven A. Davis

**The Marine Corps' Silent Drill Platoon kicks off Monday's Battle Colors Ceremony aboard the air station. Approximately 500 service members, distinguished guests and family members showed up at Hangar 1 for the hour-long special presentation, which also featured the Marine Corps Drum and Bugle Corps.**

The Corps' superb and creative marching skill, coupled with musical excellence, is testimony to its

year-round rigorous training regimen.

These talented musicians com-

bine beautifully arranged contemporary songs and traditional marching music with uniquely choreographed drill movements in a program entitled "Music in Motion."

The Silent Drill Platoon performs precision drill unlike any other. With fixed bayonets atop their highly polished M-1 rifles, these Marines entertain the audience with their intricate drill routine performed without verbal commands. The Silent Drill Platoon's rifle inspector highlights the performance with an unrivaled inspection of his Marines.

The Battle Colors are the official Colors of the Marine Corps. The 49 streamers and silver bands displayed on the Battle Color commemorate the military campaigns in which Marines have participated.

These battles span the entire history of our nation, from the American Revolution to the Gulf War. The Color Sergeant is responsible for carrying the national Colors and is considered the senior

See Battle Colors, Page 11

## Miramar sponsors 'Healthy Heart Fun Run'

by Cpl. Kimberly L. Wilkie

PAO, MCAS Miramar

The Marine Corps Community Service hosted the third annual Marine Corps Las Vegas Healthy Heart Fun Run and Walk recently, beginning and ending at the station Fitness Center.

"The focus is preventive medicine," said Petty Officer 3<sup>rd</sup> class Amy Johnson, Branch Medical Clinic coordinator for health promotions.

The clinic had a booth set up with a myriad of pamphlets all dealing with maintaining healthy hearts and heart smart choices like, exercising, quitting smoking and lowering cholesterol levels in the diet.

According to Johnson, service members are at risk for heart disease like the general population but, "the goal is to keep 'em nice and healthy."

Approximately 135 participants attended the event, in spite of the cool weather.

The Las Vegas theme was carried through in a "healthy" game of poker. The run had five points along both the 3.5-mile run and the 1.5-mile walk.

Each of the participants received sealed envelopes each containing one poker card. At the end of the race, the runners and walk-



by Cpl. Kimberly L. Wilkie

**Staff Sgt. Rodney Spindler, MALS-11 staff noncommissioned officer-in-charge of the modular repair workcenter, plays a hand of "healthy poker" while getting in his daily physical training. The event, sponsored by Marine Corps Community Services, offered over \$750 in prizes for the three highest scoring hands. Over 130 Marines and family members turned out to participate in the event.**

ers brought their envelopes to the race officiators, who opened them and tallied the hands.

Prize winners were not announced until the last person crossed the finish line, near the pull-up bars.

First-prize winner, Abbey E. Martinez won with a full house — fives over sevens. Her grand prize included; two round-trip

See Fun Run, Page 11

## Establishing relationships...



photo by Sgt. Jason N. Mayer

**The horn section of the 3d Marine Aircraft Wing Show Band performs before a crowd of airmen at the Al Dhafra Air Base in the United Arab Emirates (UAE), Feb 19. The 3d MAW Band recently returned from a three-week deployment to the Middle East where they played for various dignitaries, citizen's groups and entertained U.S. service members in Oman, UAE, Kuwait and Bahrain.**



# Flight Jacket



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Commanding General  
3d Marine Aircraft Wing

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Commander, Marine Corps  
Air Bases Western Area

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## Marines take on 200-mile run for charity

by Cpl. Carolyn S. Sittig

PAO, MCAS Miramar

Three Marine Aviation Logistics Squadron 16 Marines are participating in a 200-mile run for the Court Appointed Special Advocate Association April 4-8 from Marine Corps Air Station Miramar to San Bernadino, Calif.

CASA is a national organization designed to protect abused and neglected children. Its trained volunteers are appointed by a judge to intervene on a child's behalf when they are removed from abusive homes.

Master Sgt. Henry Barrington, MALS-16 Consumable Management Division staff

noncommissioned officer-in-charge, is heading off the run. He organized a four-man-team for this run. The team consists of 1st Lt. Elizabeth Perez, MALS-16 supply officer, Master Sgt. Barrington, and Lance Cpl. Formaine Babauta, MALS-16 supply clerk. However, the fourth runner has not been selected. Though the team is new to CASA, Barrington has been involved with the organization for the past three years. Barrington began running for CASA in 1997 after finding the agency in a Combined Federal Campaign brochure.

He decided to run for charity after hearing gruesome accounts of child abuse. He wanted to do something that would increase

awareness and make an impact. He chose long-distance running to accomplish his goals because it draws attention and it's not something everyone does.

His first run was a 600-mile-run with a team of six done in 1997. The run took the team from MCAS Cherry Point, N.C., to Atlanta. He also ran 400 miles from Naval Air Station Patuxent River, Md., to New York with a team of four the following year. For these runs, Barrington did not seek out track stars or marathon runners for his teammates, but average people. "I look for normal people out there who run. It's not a speed

See Barrington, Page 11

## MALS-11 takes promotion board

by Cpl. Kimberly L. Wilkie

PAO, MCAS Miramar

Newly promoted Sgt. Walker Scott, an avionics test set technician with Marine Aviation Logistics Squadron 11, received his meritorious sergeant promotion from the Marine Aircraft Group 11 Commanding Officer Col. Terry G. Robling in a recent ceremony at the MALS-11 compound here.

According to MALS-11 Sgt. Maj. Dennis Guerra, Scott was No. 1 in four of the five categories for competition on the recent group level board.

Scott had to compete against more than 300 other Marines in the Avionics department, and then the whole squadron for the one space allotted for MALS-11.

The avionics department has earned a reputation for taking the group's meritorious promotion boards, having promoted five Marines this way in the last nine months. Scott credits his success to the staff noncommissioned officer leadership, particularly that of Staff Sgt. Rodney Spindler, staff noncommissioned officer-in-charge of MALS-11 modular repairs work center and coordinator

for the avionics division meritorious boards.

"There is a strong and keen competition [here] before they compete at squadron level," he explained. "A lot of times we'll have five good corporals competing for the two available spots to represent the avionics division at the squadron board."

According to Spindler, the Marines are selected based on a screening of their technical proficiency, overall performance, education credits, awards and achievements. Using his former drill instructor training, Spindler grooms the Marines and helps them build confidence in their drilling skills. He also makes himself available to prospective candidates anytime they want critiquing. He is determined the Marines who compete on the boards, "are not going in caught off-guard or broadsided, by the process."

By having the Marines compete in numerous boards, by the time they go to the MAG-11 board, they have experience in the board process. Plus the Marines who are selected to advance to the MAG-11

See Scott, Page 11



photo by Cpl. Kimberly L. Wilkie

Sgt. Walker Scott, a MALS-11 avionics test set technician, was recently promoted meritoriously after placing first in four of the five competitive promotion boards at Marine Aircraft Group 11. In the course of one week, prior to the MAG-11 board, Scott competed and won the Avionics workcenter board as well as the MALS-11 board.

## Ogden award winners congratulated



photo by Sgt. Ted L. Hansen

Commander, MCABWA, Maj. Gen. William G. Bowdon visited Miramar's Aircraft Rescue Fire Fighters and Structural Fire Fighters, Feb. 2 to thank them for their hard work which resulted in top place rankings for each in the Ogden Awards. The Ogden awards are given to the top fire fighting units aboard Navy and Marine Corps installations and ships. The station structural fire fighters placed first in the medium structural division, in addition to taking the overall structural title. ARFF placed second in the medium ARFF division.



# 3d MAW Band wraps up tour of Middle East

by Sgt. Jason N. Mayer

PAO, MCAS Miramar

**BAHRAIN** – The 3d Marine Aircraft Wing Band joined with the Bahrain Security Force Band for their last official performance in the Middle East, March 2, at the Gulf Hotel and Convention Center in downtown Bahrain.

The event marked the 43rd performance in 26 days for the 44 band members, not including several workshops and guest appearances.

Chief Warrant Officer 3 Ronald Fucuals, officer-in-charge of the band, said he was very impressed with how well the band performed throughout the tour, especially taking into account the limited amount of time they had to prepare.

“We only had about three weeks to put this whole thing together,” he said. “That meant we only had time for about 10 rehearsals for each of our seven ensembles.”

Fucuals credited the

See **Band**, Page 11



photo by Sgt. Jason N. Mayer

**Sgt. Joanne Matibag, a flutist with the 3d Marine Aircraft Wing Band, and other members of the band perform alongside the Bahrain Security Force Band during a concert at the Gulf Hotel in Bahrain. The performance marked the final formal concert during the band's goodwill tour of the Middle East.**

## Navy/Marine Corps Relief Society puts hand out to give a hand up

by Sgt. Ted L. Hansen

PAO, MCAS Miramar

For nearly 100 years the Navy-Marine Corps Relief Society has served as a vessel through which members of the Marine Corps and Naval service community help their fellow service members during times of temporary personal troubles and financial hardship.

The NMCRS is a private, non-profit, charitable organization, which relies on the generosity of Marines and Sailors to provide the funds with which the society can continue to provide help. The month of March has been established as the annual Secretary of the Navy active duty and retiree funds drive. During March, representatives from each command and activity aboard the air station will be contacting all assigned personnel, offering them a chance to contribute to NMCRS.

Donations are used to provide a variety of assistance toward financial help with food and shelter, vehicle repairs, household set up, emergency transportation and many other important needs. In addition to financial assistance, the society also offers eligible active duty and retired members of the Naval service and their families and survivors with many services including, budget counseling services, food lockers, and referral services to other community resources.

In 1999, the approximately 250 NMCRS offices throughout the world provided more than \$43 million in financial assistance for emergency aid and education programs, involving 57,854 cases. More than 9,200 expecting families also received “Junior seabags” full of essentials for newborns. Money management presentations were

given to more than 100,000 service members. Another 50,000 plus clients received individual counseling or referral services.

According to Ann Evans, Director of the NMCRS Miramar Auxiliary office, nearly 3,000 cases were seen here in 1999. Clients of the Miramar Auxiliary received more than \$1.3 million in assistance. Of that amount, nearly \$138,000 was given in grants.

Evans said the majority of assistance was given to service members in the E-1 to E-5 pay grades. For example, a sergeant with

three children who had multiple dental problems received nearly \$1,200 in assistance. And, a corporal whose child was born with a mis-shaped head received a partial loan-partial grant to help pay for the expensive necessary corrective treatment. A lance corporal whose infant daughter was hospitalized for more than a month received about \$400 in aid.

“We know Marines and Sailors work hard for their money,” said Evans. “They don’t want to give it when it is used unwisely.”

Evans pointed out that those receiving assistance had to legitimize their need. “We also expect the service member to shoulder personal responsibility for their own wellbeing,” she said. “The NMCRS is not a ‘something for nothing,’ charity. We’re your NMCRS; the safety net for financial emergencies.”

Those interested in contributing to the NMCRS annual funds drive should contact their unit representative through the chain of command.



# Recycling Center turns trash into cash

by Lance Cpl. Kristopher Haloj

PAO, MCAS Miramar

Is it that much of a hassle to separate paper, plastic and other recyclable materials from the rest of the trash? Knowing that everything that is not recycled is buried in one of the tens of thousands of landfills around the country, contributing to the demise of the planet's natural resources, can it really be that difficult?

The Marines and Sailors of the Station Recycling Center are doing all they can to keep all recyclable materials and sometimes even usable materials from making it to the landfills. But they need the help and support of all who live and work here for maximum effectiveness.

The current management of the recycling center took a not-so efficiently running center and turned it into a tight operating outfit.

In fact, when the management took over, the center was approximately \$35,000 in debt. Last year the center yielded more than \$103,600 in profit, which was donated in part to the 3d Marine Aircraft Wing and station.

The profits were also used to buy a new audio system for the station theatre. The remainder of the money was used to maintain the center, according to Staff Sgt. John C. Davis, noncommissioned officer-in-charge of recycling.

Everyday Marines and Sailors of the center make their way through Miramar collecting recyclables from curb sides and bins located outside the various office buildings.

According to Davis, the residential areas are doing a great job of separating their trash, but they're having a little trouble with the offices and businesses on base.

"When we are having a real problem with a place not separating their recyclables, we tell them. If the problem persists, after numerous warnings, we'll take it to the next level by removing the bins from their work place," Davis said.

Consisting of five Marines FAPped (Fleet Assistance Program) from various units and four to seven prisoners from the Brig, there is just enough manpower to keep the center "above water".

For more information, call 577-6366.



photo by Lance Cpl. Kristopher Haloj

**Lance Cpl. Lori M. Wilson removes a bundle of cardboard from the compactor at the station Recycling Center recently. Wilson is one of a handful of Marines from various locations on station, whose handiwork and discipline keep the center in tip-top shape.**

## 'Briefly'

### Essay and art contest available

The Armed Services Young Men's Christian Association is sponsoring its annual essay and art contest for children of service members. The theme is the importance of reading and the contest deadline is March 31. There are four age categories for the essay contest: preschool through third grade, fourth through six grades, seventh and eighth grades and high school.

Top prizes of \$1,000 will be awarded to one overseas and one stateside high school student, while \$500 will be given to students in each of the other categories.

The art contest is open to children in kindergarten through sixth grade from all the branches of service including active duty, reservists and guard components, as well as DoD civilian employees. The theme is "My military family." Participants can submit more than one drawing. Ten elementary students, two from each military branch will receive U.S. savings bonds and one of the drawings will be featured on the 2000 Military Family Week poster. For more information, visit the Armed Services YMCA Web site at [www.asymca.org](http://www.asymca.org) or call Krisie Collier at (619) 232-1133.

### Driver's Improvement course offered

The Driver's Improvement course is a requirement for every Marine under the age of 26. The course lasts all-day and is offered several times a month. The next classes will be Tuesday (remedial), March 28 and March 30. For more information, call Staff Sgt. Saunders at 577-1358.

### Free tax filing available

The base Legal Assistance Office is offering free state and federal electronic tax filing and tax assistance, as part of its Volunteer Income Tax Assistance Program. These services are offered to all active-duty service members, their family members, and all retired service members.

The Tax Center is open Monday-Friday from 8:30 a.m. until 6:30 p.m., and Saturdays from 9 a.m. until 1 p.m. The center is located behind the flight line Jet Mart store, adjacent to the 3d Marine Aircraft Wing Headquarters building on Schilt Ave, Building 2110. For more information, call 577-8315.

### Mess Hall offers holiday meal

The Gonzales Hall is serving a special meal in observance of St. Patrick's Day Friday from 11 a.m. until 1 p.m. The meal is open to service members, family members and civilians. The cost is \$3.

### H&HS hosts golf tournament

Miramar's Headquarters and Headquarters Squadron is hosting their annual golf tournament March 24. The scramble golf tournament is a team competition. Sign-up as a team or individual.

The tournament is open to Marines and Department of Defense employees. Interested participants can sign-up at the H&HS squadron gunnery sergeant's office no later than Friday. The fees are as follows: \$25 for officers, \$20 for staff noncommissioned officers and DoD employees, and \$16 for sergeants and below.

For more information, call Staff Sgt. Sweredoski at 577-1152/4490.

### Marines needed to grade students

Scripps Ranch High School is seeking Marines to be on an evaluation panel for student project presentations. The times and days are flexible. Presentations will be April 25-27, and May 1-3. Three presentations are given each day during the following times: 7:30 a.m.-9:30 a.m., 9:30 a.m.-11:30 a.m., and 12:15 p.m.-2:30 p.m. For more information, call (858) 621-9020 ext. 7109 or e-mail [rengle@mail.sandi.net](mailto:rengle@mail.sandi.net).

### Motorcycle safety course offered

The base safety department is offering a Motorcycle Safety Instructor Course in May. Marines must own a motorcycle and ride regularly. The Marine must also be able to teach a motorcycle safety course every other month.

Upon completion of the course, Marines will have a national certification with the Motorcycle Safety Foundation. Course completion will also allow the Marine's unit or command to hold motorcycle training within their unit, taught by the newly certified Marine.

Interested Marines need to fill out an application and return it to the Motorcycle Safety manager by Wednesday at Building 9442 or call 577-8595.

# Evolution of women's role in military evaluated

Compiled by Flight Jacket staff

PAO, MCAS Miramar

Throughout history, women have proved essential to supporting numerous efforts whether they were disguised as men during the earlier wars or whether they were nurses in the Army and Navy Nurse Corps, or merely working jobs men had left behind after leaving to fight in the war. However they provided support, nearly two million women are veterans.

During pre-Colonial and Colonial Periods women played great support roles in providing assistance to the Colonial Militia. They were known to move into houses with other women, so they could assist each other in running the household and in some cases manage farms. Women also tended soldiers' wounds.

Additional assistance included help-

ing men with building fortification against the Indians and the British. During this time the greatest role the women had, was spying on the British and keeping the Colonial authorities informed.

For the Revolutionary War, women took a different approach--writing. Several women voiced their support for the war effort through writing.

They also wrote accounts about the war to inform the nation about what was happening.

One woman, in particular, Phillis Wheatley, used her writing ability to praise Gen. George Washington, earning her a visit to his headquarters. Other women went beyond their written skills and disguised themselves as men, in order to fight.

Throughout the War of 1812, women were limited in the help they could provide because the war was mainly conducted on

the open seas. Yet, this didn't thwart them. They made bandages and tended the sick and wounded. At home, women ran the farms.

During both the Civil War and Spanish-American War, women continued to nurse and treat the wounded. They also helped remove the dead and dying from the battlefield.

After the Spanish-American War, Army officials were so pleased with the nurses, they tried to create a permanent corps of Army nurses. The appeal was rejected by the government initially. It was not until 1901-1908 that women were finally accepted into the Army and Navy Corps.

Just a few years later nearly 13,000 women were enlisted into the Navy and Marine Corps. This gave them a chance to provide a direct role by serving as nurses and administration specialists. Some of their responsibilities included reading letters to il-

literate soldiers and writing letters to their families. They also sold Liberty Bonds to help finance the war effort.

During the Vietnam War, women were more active and some actually spent time in Vietnam.

Since the early 1900s, the number of women in the military has grown. In the 1970s and 1980s, there was an increase in the number of women allowed in the services to make recruitment demands.

Today, women make up roughly 12 percent of the armed services. Women have been incorporated into the military services as fighter and helicopter pilots, nurses, doctors, ordnancemen, air traffic controllers and mechanics.

Across various countries and aboard ships, women have made leaps in the military toward equality and acceptance.



## Non-lethal weapons aid in peace keeping missions

From Marine Corps News

**CAMP LEJEUNE, N.C.**— Any doubts Lance Cpl. Steve Braithwatle, Weapons Platoon A-Gunner with Battalion Landing Team 2/2's Fox Company, may have had about the effectiveness of Non-Lethal Weapons were squelched after his face was squirted with pepper spray.

"I have never experienced this much pain in my entire life," said the Brooklyn, N.Y. native as he walked hunched over and in circles, rubbing his runny nose and watering eyes to try to relive the burning sensation. "I'm dealing with it, but this is really testing me."

Testing the BLT 2/2 Marines of Echo, Fox, Weapons and LAR Companies was exactly the point of the Non-Lethal Weapons course, taught by Marines from Camp Lejeune's Special Operations Training Group at the Stone Bay Physical Training field here.

According to Staff Sgt. Christopher Blackler, SOTG Instructor and Boston, Mass., native, a Non-Lethal Weapon is any weapon with the sole purpose of wounding without killing. What makes this course so important, adds Blackler, is learning how to correctly use the Non-Lethal Weapons. If the weapons are used incorrectly or carelessly, they could result in more serious harm than intended.

"This training is certainly important as we prepare for our deployment," said Lt. Col. Larry D. Nicholson, commanding officer of BLT 2/2, the unit which will serve as the 26th Marine Expeditionary Unit's Ground Combat Element during their upcoming deployment to the Mediterranean region in July.

"There tend to be more and more situations which require Marines to use the knowledge [learned in courses like this]." During the two-week course, Marines learn how to control various types of crowds and study the backgrounds, as well as uses and applications of Non-Lethal Weapons.

Some of the weapons covered in the

course are ones that create blunt trauma, like the foam rubber projectiles, which can be loaded into an M-209 grenade launcher or grenade; the stinger balls are 23 or 24 small balls made from hard plastic that are loaded into the M-209 grenade launcher or a grenade; the bean bag, a small bag with led pellets which is loaded into a shot gun shell; the rubber fin stab, a rubber cylinder with protruding fins which is also loaded into a shot gun shell; or the police baton.

Also covered in the course are Non-Lethal Weapons, such as the pepper spray, which are used to wound without creating blunt trauma.

"These are definitely the weapons of tomorrow," agrees Staff Sgt. Ken Barnes, 1st Platoon Sergeant, Echo Company, and Myrtle Creek, Ore., native.

"A lot of these Marines are fairly new to the [Marine Corps] and have only been taught to use lethal weapons in recruit training, like the M-16."

The Marines of BLT 2/2 agree that the Non-Lethal Weapons training is important and related to what they do.

"If I'm controlling a crowd in another country, [anything could happen]," said Lance Cpl. William N. Bernardiz, a gunner with Fox Company's 2nd Platoon.

"If someone gets out of hand I may need to protect myself. But at the same time, I can't cause an international incident by using unnecessary force."

Other types of training the unit has done in preparation for deployment include learning how to negotiate cliff obstacles, rappell down surfaces, build rope bridges and transport equipment over mountainous terrain, according to Staff Sgt. Timothy Tackett, Assault Climbers Course staff noncommissioned officer-in-charge.

This training was also taught by the SOTG. Because of the physical demands of this course, only a few Marines and Corpsman were selected after a physical fitness screening, in which a first class physical fitness score is required.



photo by Sgt. Ted L. Hansen

The Program Executive Office for Acquisition Related Business Systems, recently awarded an Initial Operating Certificate to the base Contracting Department for implementing DoD Standard Procurement Systems. This was a six-month effort by (from left to right) Barbara Lemmond, Beth Sonner, Master Sgt. Albert Aflague, Herman Wilson, Tom Pedlico, and R. James Schmitzer, who is not pictured.

According to Col. Bart J. Connolly, assistant chief of staff, G-4, certification is a significant step toward the DoD goal of implementing a paperless acquisition program by the end of 2000. The IOC will allow contracting to attain goods and services including aircraft parts, vehicle rental, office maintenance and service contracts for Miramar activities in a more timely manner.



# Greyhawks fly high during MEU exercise

by Sgt. Ted L. Hansen

PAO, MCAS Miramar

The various air and ground elements of the 13th Marine Expeditionary Unit performed their first large-scale exercise last week.

The week-long exercise tested the ability of the newly formed MEU to rapidly plan and execute a variety of the wide-ranging missions the MEU will be tasked with during its upcoming six-month Western Pacific deployment.

According to Maj. Gregory M. Douquet, executive officer, Marine Medium Helicopter Squadron 161, Marine Corps Air Station Miramar, the squadron serving as the Aviation Combat Element of the 13th MEU, the exercise was a good start toward establishing a good working relationship between all MEU elements.

Douquet said the practice of the Rapid Response Planning Process is vital to MEU success. To develop the RRPP, MEU elements were given six hours or less from the time they received a mission tasking to the time of execution.

"Rehearsals are essential. Because of the short planning window, everyone must know and understand their job, as well as know and understand the capabilities of the other elements within the MEU," he said.

Exercises such as this not only help the MEU elements develop familiarity with one another, they also help each element to establish standard operating procedures.

According to Douquet, the establishments of well-conceived and understood SOPs make MEU operations more efficient and effective.

While the elements of the MEU are still in the learning process, Douquet said HMM-161 performed decisively throughout the exercise. The Greyhawks made every launch they were tasked with during the exercise.

Missions flown included noncombatant evacuations, humanitarian assistance, reconnaissance and surveillance, and tactical recovery of aircraft and personnel missions.

Nearly all aviation assets of the ACE were tested during the exercise, which culminated with a long-range helicopter raid here. Six CH-46E Sea Knight helicopters, two CH-53E Super Stallion helicopters, two AH-1W Cobra helicopters, and one UH-1N Huey helicopter launched from the coast of Camp Pendleton and flew "K" Company, 3rd Battalion, 1st Marines, to Barstow Airfield, Barstow, Calif., where they were ground refueled by a KC-130 Hercules tanker from Marine Aerial Refueler Transport Squadron 352, also based at MCAS Miramar.

Greyhawks then inserted the force into

the heart of Pendleton where they executed ground combat exercises against an aggressor force from other MEU elements.

According to Maj. Kenneth P. Maney, operations officer, HMM-161, the squadron flew about 100 hours during the exercise.

More importantly, he said the experience gained by squadron pilots and planners has improved the squadron's ability to plan and perform many of the special operations capable missions the squadron will be evaluated on to attain a special operations capable certification prior to deployment.



photos by Sgt. Ted L. Hansen

(Above) Sgt. Ron Colson, HMM-161 crew chief, supervises and instructs junior aircrew members during a class on the maintenance and assembly of the .50-caliber aerial machine gun, conducted on the LHD pad aboard Camp Pendleton. (Below) Marines from "K" Co., 3/1, the designated helicopter assault company, file out back of a "Greyhawk" aircraft during a long-range helicopter raid at Camp Pendleton Friday.





# 3d MAW Band tours Middle East



photos by Sgt. Jason N. Mayer

(Upper left) Staff Sgt. Steven Jeremiah Jr., 3d Marine Aircraft Wing Band saxophone player, helps a group of children conduct the band at the U.S. Embassy in Kuwait's Liberation Day Celebration, Feb 26. The annual celebration commemorates Kuwait's liberation from Iraq in 1991. Festivities ranged from dancers, bag pipers to local musical talent. The event culminated with a formal concert by the 3d MAW Band and the raising of the U.S. and Kuwaiti flags at midnight. "This is our most important night because it is our Independence Day ... I feel lucky to be able to share it with the Marines, Army and all other Americans who are here," said Al-Jahod Mohamed, a local Kuwaiti resident who attended the event. (Above) Cpl. Robert Z. Selden, 3d MAW Band clarinet player, fills up a plate with traditional Omani food courtesy of representatives from the U.S. Embassy in Oman. (Lower left) Cpl. Jasin A. Muffoletto, 3d MAW Band guitarist, shows off his instrument to LCpl. Talal Al Bilushi, a member of the Royal Guard of Oman Band, Feb. 14.





# ‘Knights’ impale ‘Aces’ 13-3

by Sgt. Ted L. Hansen

PAO, MCAS Miramar

The chivalrous roller hockey playing “Knights” of Marine Medium Helicopter Squadron 165 handily defeated the “Aces” of Marine Wing Support Squadron 373 recently.

Knights’ center Sean Braziel scored seven goals in the hands down victory. Braziel, who played with the junior Olympic hockey team for three years during his college years placed his shots with laser-like accuracy.

His merciless surgical goal scoring often left Aces goalie Duane T. Johns openly calling for help from above. Johns stood little chance against Braziel who hit the “five hole,” went “top shelf” on either side, and just plain slapped the puck with his quick triggered release.

Forward John Scasino and defenseman Bernie Corso also added two goals apiece.

The Knights controlled the puck for most of the game with their skillful passing and fluid team play. However, the Aces had their moments, pressing the puck deep in the Knights goal a handful of times, during which they forcefully attacked the front of the net and scored their goals.

Jerry Rubio, Knights goalie, was a virtual wall. He stopped several goal scoring opportunities with his skillful glove and



by Sgt. Ted L. Hansen

**Duane T. Johns, MWSS-373 and goalie, stops HMM-165 defesivemen, Steven Sears on a break away opportunity. However, the Knights offense was too potent for the Aces defense. The 13-3 victory kept the Knights in a two-way tie for first at 5-1 and knocked the Aces to 4-2.**

heads up tending. In all, he stopped about 20 shots in the 40 minutes of play.

Aces forward James D. Stuckers netted two of the teams three goals, both in the second half.

The back breaker for the Aces was their defensive troubles. Some chose to attack the puck, while others played their man, which lead to a number of breakaways and a few

two-on-none situations.

Knights took advantage of many of the Aces defensive misplays.

As a result, four of the five Knights scored, excluding Rubio. Both teams came into the game with a 4-1 record and a three-way tie for first place with the “Bruins” from Marine Wing Communications Squadron 38. The victory gave the Knights temporary pos-

session of first place. However, the Bruins claimed a victory in the second game of the day, again sharing first place with the Knights.

All Intramural Roller Hockey games are played at 11:15 a.m. and 12:15 p.m., Monday through Thursday in the rink behind the display aircraft near the corner of Elrod Avenue and Matthews Avenue.



photo by Sgt. Ted L. Hansen

**Commander, MCABWA, Maj. Gen. William G. Bowdon presented Lance Cpl. Wendall J. Palmer, food service specialist, H & HS MCAS Miramar, with a Navy-Marine Corps Achievement Medal and a plaque at Gonzalez Hall, March 2, for Palmer's victory as the MCABWA Chef of the Quarter for the first quarter of 2000. Palmer's food service knowledge was the deciding factor which gave him the title.**



## Sergeant Major's Corner



Congratulations to Sgt. J. R. Nolasco, Sgt. C. E. Sullivan, Cpl. G. G. Garcia, and Lance Cpl. D. O. Boddie and M. Delacruz who all answered last week's question correctly.

They all knew that Col Margaret A. Brewer was *appointed* as the first female general in the Marine Corps, but Col. Gail M. Reals was the first *selected* by a selection board in 1985 and she subsequently retired as a brigadier general.

As I ride around with the Commanding General, I've noticed a shocking revolution. It appears that even though his vehicle has its lights on, a placard with two stars in the windshield and by the license plate, very few Marines uphold the proper courtesy by rendering a Marine Corps salute.

There are three generals aboard MCAS Miramar and they all ride in very noticeable vehicles. Let's do the right thing by rendering a sharp crisp Marine Corps salute when any of the vehicles pass you. Not saluting is not the Marine Corps way and "Marines just don't do that."

While I'm mentioning protocol, here's a little known fact. When not in uniform and you hear the National Anthem playing or are being passed by or passing an uncased national ensign being carried you shall face the music or flag, stand at attention with your right hand over your heart.

If you haven't heard yet, the Armed Services YMCA Enlisted Recognition Ball will be held May 20 at the Loew's Coronado Bay Resort, San Diego. The tickets are \$20 for E-5 and below; \$30 for E-6 to E-9 and \$75 for officers and

civilians. Beat the rush and see your Sergeant Major for details.

The credit union has been running a test of increased hours and has decided the test was a success and will keep the extended hours as part of daily operations. Thanks, Single Marine Program. I need some help from all of you. Please email me at lottij@mail.miramar.usmc.mil with your responses to these questions:

•Should we do away with the nametapes on the utility uniform?

•Should we allow the wearing of a "third" breast insignia which would be place on the right side?

•Define "eccentric nail polish?"

•Should the Marine Corps wear test a modified female dress blue uniform with extended scarlet piping and white waist plate?

•Should the Marine Corps wear test a new lighter frame cap?

This week's question is a doozy. I've searched high and low for this one. We have always had a commandant and in the late '50's added the Sergeant Major of the Marine Corps.

We also had a Commandant of Women Marines and a Sergeant Major of Women Marines. Who were the last of each?

Since I've received so many responses throughout the week, I need to put a deadline of close of business Wednesday for submitting your responses to this week's question.



# Navy/Marine team strive toward lifting competition

by Sgt. Ted L. Hansen

PAO, MCAS Miramar

A sergeant and petty officer from the Navy/Marine Corps Reserve Center on Pomerado Road recently competed in the Extreme Power Second Annual Coed Power Lifting and Bench Press Competition.

Petty Officer 1st class Sarah Howard, a hospital corpsman with 4th Force Service Support Group, was awarded as the top overall female lifter, and placed first in the female Masters' Division and the bench press, at the East Gym, Marine Air Ground Combat Center, Twentynine Palms, Calif.

Sergeant James Franklin, an administrator with 4th Tanks Battalion, gathered a third place overall finish. Franklin is a former member of the Marine Corps Power Lifting Team, who was reassigned to the Reserve Center about five months ago.

Franklin and Howard have trained together moderately since he arrived at the Reserve Center. With nearly seven years of serious lifting behind him, Franklin began training Howard more seriously. She began lifting weights about three years ago for fun and exercise.

The two said they decided to compete in the competition on a whim. "We weren't really training for it," said Howard. "We were lifting high repetitions, focused on tone."

But Franklin said they decided to com-

pete when some of his friends from Twentynine Palms called, urging him to compete, just days prior to competition.

Franklin thought the competition would be a good experience for his new partner. So, he called Howard, who was at a medical conference in Norfolk, Va. She agreed.

"I didn't know what to expect," Howard said.

When she arrived, the chips were stacked against her. She was jet lagged, had never competed before, and her opponent outweighed her by about 100 pounds.

Nevertheless, Howard won on all accounts. She bench pressed 115 pounds, squatted 150 pounds, and deadlifted 195 pounds. Howard said she has the potential to do considerably more, but was unfamiliar with the execution of competition lifts.

The more experienced Franklin expects Howard to do much better in future competitions.

"She's a natural. We haven't tapped into all her abilities yet," he said.

He says he enjoys lifting weights because it's motivating, relieves stress and helps him maintain a perfect score on the Marine Corps Physical Fitness Test.

Franklin had used the last five months as layoff, giving his body a chance to rest.

While competing on the powerlifting team, he said he competed in an average of two competitions a month. In all, Franklin placed first in 12 of 13 sanctioned meets he competed in last year.

In this competition, Franklin bench pressed 280 pounds, squatted 365 pounds,



photos by Sgt. Ted L. Hansen

(Above) Sgt. James Franklin, 4th Tanks Bn., coaches Petty Officer 1st class Sarah Howard, 4th FSSG, on her form during a workout at the Navy-Marine Corps Reserve Center on Pomerado Road in San Diego. (Below) Franklin spots Howard during an upper body workout. Franklin, who formerly competed as a member of the Marine Corps Powerlifting Team, and Howard train together for stress relief and to improve overall health and fitness.

and deadlifted 425 pounds, competing at a weight of 181 pounds.

The Navy/Marine team is now pumped and focused on future competitions. The two train in the weight room at the Reserve Center everyday of the workweek. They are fo-

cused on competing in an upcoming competition in Moreno Valley, Calif., March 25 and 26. Franklin also hopes to compete in the North American Bench Press Championship in Las Vegas, Nev., in June.





## Battle of the DJs

The Battle of the DJs returns to the E-Club on St. Paddy's Day, Friday. Wanna-be DJs (amateurs only) are invited to battle it out to win a paid contract to DJ at the E-Club. All participants will receive souvenirs, and top DJs will win great prizes, including gift certificates for CDs. If you haven't signed up yet, don't wait another day! Advance sign-up is required to participate, so call 577-1936 for more information.

For those who'd prefer to dance rather than spin, the fun starts at 8 p.m., with no cover before 9 p.m. A \$2 cover will be charged after 9 p.m. It's all happening at Area 51, the E-Club.

## Parents' night out

Parents it's soon – St. Patrick's Day! Why not enjoy a "Green Evening" out? Sign-up your little "leprechauns" for the March 17 Parents' Night Out. Call Youth Activities at 577-4136.

## Get some study money

The Miramar Marine Officers' Spouses' Club has college and technical scholarships for high school seniors, graduates and family members of Miramar active duty service members, as well as family members of retired or deceased service members who reside in the Miramar area.

Dependent children are eligible to apply for a \$1,000 scholarship; the application deadline is March 31. Four \$500 MOSC-sponsored scholarships are open to all eligible family members; the application deadline is April 15.

Don't delay! Applications are available from high school guidance counselors or by sending a request with a self-addressed legal-size envelope to Miramar MOSC, Attn: Lynn Holtzhouser, Scholarship Chairperson, 1413 Delta Rd., San Diego, Calif., 92126.

## Hot links for service members

Service men and women and their families are sure to find something of use at [www.lifelines4qol.org](http://www.lifelines4qol.org), described as "not just a nice Web site." This is the Internet component of Lifelines; it has links to web resources and services for military members including voluntary education, community and family support, health care and more. Of special note is a listing of on-call assistance telephone numbers. For details,

contact Gunnery Sgt. S. Keating at 577-4098.

## Money management moves

Catch up to financial advisor Tom Graneau in the Financial Management Counseling Office located in Building 2774. For some experienced, insightful and very confidential guidance with budget planning, debt management, banking skills, car buying, financial planning, investing, home buying or retirement planning, call 577-9802.

## Nearly new and really new

The Nearly New Store has brand-new women's uniform blouses (long-sleeve) in stock for just \$10 each—compare that to \$48.50 each! They're also a good source for used-but-usable uniforms of all types and stripes—check out the dress blues.

The Nearly New Store accepts donated goods for resale and also sells on consignment. The non-profit store makes the essentials affordable, and they support other Marine Corps programs. If you can offer a few hours a week to help, call Sandy at (858) 695-8181. Assistance with child care is also available. The store is located in Building 6316 and it is open Tuesdays and Thursdays from 9:30 a.m. to 2 p.m. For more information, call 549-6741.

## Escape to the zoo and beyond

The Great Escape will get you off-base and into the world-famous San Diego Zoo! Join them on their Off Base Adventures, which includes: the zoo trip, March 18 and reception party for the famous swallows of San Juan Capistrano, March 19. They do the driving. All you need to do is pay for your tickets and a small transportation fee and — escape! However, they are looking for drivers. All drivers get their Off Base Adventure ticket paid for them.

Aside from offering an escape off base, they have lots of entertainment like billiards, ping pong, the Cybernet Cafe, a TV lounge, a music room, an arcade and more. The Great Escape always has something to do. They also have a video library of more than 400 movies on-hand. It's free to watch a video on their big-screen TV. The Great Escape can be reached at 577-6171.

## Courts Martial

•Lance Cpl. Michael C. Stuart from MACG-38, 3d MAW was found guilty by Special Court-martial under the UCMJ of Article 112a: wrongful use of marijuana, cocaine, methamphetamine and wrongful introduction of marijuana. He was sentenced to 150 days confinement, forfeiture of \$3,600, reduction to private, and a Bad Conduct Discharge.

•Lance Cpl. Miguel E. Troy from MAG-11, 3d MAW was found guilty by Special Court-martial under the UCMJ of Article 112a: wrongful use of marijuana, introduction of marijuana to the air station and distribution of marijuana. He was sentenced to 90 days confinement, reduction to private and a Bad Conduct Discharge.

•Pfc. Chauncey Bowen from MAG-11, 3d MAW was found guilty by Special Court-martial under the UCMJ of Article 112a: wrongful use of marijuana on diverse occasions. He was sentenced to 100 days confinement, forfeiture of \$2,010, reduction to private, and a Bad Conduct Discharge.

•Pfc. Darnell Hill from MWSS-373, MWSG-37 was found guilty by Special Court-martial under the UCMJ of Article 112a: wrongful use of methamphetamine. He was sentenced to 45 days confinement and reduction to private.

•Pfc. William D. Mahaffy from MACG-38, 3d MAW was found guilty by Special Court-martial under the UCMJ of Article 81: conspiracy; Article 86: absence without leave; Article 109: property other than military of the United States; and Article 112a: wrongful use of Lysergic Acid Diethylamide and methamphetamine. He was sentenced to six months confinement, forfeiture of \$3,600, reduction to private and a Bad Conduct Discharge.

•Pfc. Kyle Welchel from MAG-11, 3d MAW, was found guilty by Special Court-martial under the UCMJ of Article 86: absence without leave; Article 92: failure to obey an order or regulation; and Article 112a: wrongful use of methamphetamine. He was sentenced to 75 days confinement, 30 days restriction, forfeiture of \$670, reduction to private and a Bad Conduct Discharge.

## Non-judicial Punishment

•A sergeant was found guilty by Non-judicial Punishment under the UCMJ of Article 111: drunken or reckless driving. The sergeant was sentenced forfeiture of \$600 and reduction to corporal.

•A sergeant was found guilty by Non-judicial Punishment under the UCMJ of Article 111: drunken or reckless driving; and Article 134: general article, fleeing the scene of an accident. The sergeant was given 30 days extra duties, forfeiture of \$600, and reduction to corporal.

•A sergeant was found guilty by Non-judicial Punishment under the UCMJ of Article 92: failure to obey an order or regulation. The sergeant was sentenced to 30 days restriction and extra duties, forfeiture of \$300, and reduction to corporal.

•A lance corporal was found guilty by Non-judicial Punishment under the UCMJ of Article 92: failure to obey an order or regulation. The lance corporal was sentenced to forfeiture of \$400 and reduction to private first class.

•A lance corporal was found guilty by Non-judicial Punishment under the UCMJ of Article 128: assault. The lance corporal was sentenced to 30 days extra duties, forfeiture of \$400 and reduction to private.

•A private first class was found guilty by Non-judicial Punishment under the UCMJ of Article 86: absent without leave and Article 107: false official statement. The private first class was sentenced to 30 days restriction and 30 days extra duties, forfeiture of \$300 and reduction to private.

•A private first class was found guilty by Non-judicial Punishment under the UCMJ of Article 86: absent without leave. The private first class was sentenced to 30 days restriction and 30 days extra duties, forfeiture of \$400 and reduction to private.

## Navy-Marine Corps Relief Society 2000 Fund Drive Prize List

•**Grand Prize:** Hawaii Trip for two, includes airfare, hotel, and rental car.

•**Second Prize:** Plane tickets for two anywhere in the continental United States.

•**Third Prize:** Washer/Dryer combination.

•**Weekly Prizes:** Electronic equipment, TV, Stereo, etc.

Grand Prize Drawing will take place on April 7. Weekly drawings will be held every Friday for five weeks beginning March 10. All drawings will take place in front of the COMCABWEST HQ, Building 8630 at 11 a.m..

Contributors will receive one raffle ticket for every \$2 donation. The fund drive runs through March 31. See your unit Representative for details. Winners need not be present to win a prize.



**Band,**  
continued from page 3

success of the tour to the band’s amazing experience and musical abilities.

“This is the most talented band I’ve ever worked with since joining the Marine Corps in 1975,” said Fucuals. “These guys have such incredible depth and can do almost anything when it comes to music.”

“I seriously doubt that many other bands, Marine Corps or otherwise, could have put together as many ensembles and songs as they have in the last three weeks,” he added. “These guys were able to put together more than a hundred different songs ranging from complicated arrangements to rock-and-roll tunes.”

Master Sgt. Daniel Connelly, 3d MAW Band Drum Major, said he was also impressed with the bands professionalism and dedication.

“The Marines represented the Marine Corps and the 3d Marine Aircraft Wing in an extraordinarily professional manner,” he said. “It was definitely a highly successful international tour, and I’m proud of how well the Marines conducted themselves and how well they performed.”

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**Barrington,**  
continued from page 2

thing, but a run for people who want to do something for the community,” he said.

The April run will take the team from MCAS Miramar to San Bernadino, Calif., where it will end in front of the San

Bernadino courthouse.

In preparation for this run, Barrington will map out the course for each day. He will find restrooms, discover any possible safety concerns with the route, record curves, hills and other aspects of the road, as well as determine the environment and road conditions. The remaining team members follow behind their teammate throughout the run, so if the runner needs anything or gets hurt, they are there for help.

“We like to drive just ahead of the runner, so they can focus on us and know how much further they have to go,” said Barrington. This will also provide support to the runner while he/she is doing their 12.5-mile portion.

However, the main reason for Barrington and the other runners, and perhaps the most important reason for this run, is making people realize how important it is to protect children who have been abused and neglected, while preventing others from falling prey to the same thing. “It’s not about money, but raising awareness,” said Barrington.

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**Fun Run,**  
continued from page 1

Frontier airline tickets anywhere Frontier flies; five tickets to the “Wet and Wild” theme park in Las Vegas, Nev.; and two tickets to San Diego’s Sea World.

Second-prize winner Cpl. Sean D. Henderson, an administration clerk at Marine Wing Support Group 37, won with a

flush of clubs.

Third-prize winner Sheri L. Brown, had three of a kind, in eight’s. Second and third prize winners each received two San Diego Sea World tickets, a \$25 gift certificate at Road Runners, and five tickets to the “Wet and Wild” theme park in Las Vegas, Nev.

“We’re taking care of the troops,” said Lynn Sanchez, fitness director for MCCS. “We have several runs throughout the year, and there are usually prizes.”

Some Marines used the run as a way to liven up their regular training routine. Capt. Diana L. Staneszewski, personnel support commanding officer for Marine Wing Support Group 37, who brought Marines from her shop to the run said, the combination of the cool weather and each Marine running their own pace made the run fun for everyone. “There was an awesome turnout and the Marines had a great time,” said Staneszewski.

The next fun run and walk is scheduled for April 8. The focus will be “Keeping Children Safe at Home and In Our Community,” in lieu of April being the “Month of the Military Child.”

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**Scott,**  
continued from page 2

board have won both the avionics division and the MALS-11 boards. Since all three boards are held over the course of a week, with all elements of each board performed anew, it is a rigorous, defining process, according to Scott. “It took a lot of endurance,”

he said.

In addition to displaying such high caliber prowess in this competitive forum, Scott also gave credit to the Marines in his shop who were willing to allow him to march them around as he practiced his drilling skills. Also on the day of the competition, his fellow Marines gave him the once over before he walked out the door.

“It gave me more confidence knowing that with their help, I hadn’t missed anything,” he said.

According to Lance Cpl. James Shaler, an avionics internal measuring unit test set technician, in addition to everything else, Scott remains a Marine his subordinates can look up to. “His attitude toward his fellow Marines is very positive and understanding. He is definitely devoted to duty, and that’s the way he is at everything, in and out of uniform, everyday that I’ve known the man,” he said.

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**Battle Colors,**  
continued from page 1

sergeant in the Marine Corps. This Marine is selected for the important position from among many outstanding sergeants throughout the Corps.

